

## Hospice Memorials

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## Hospice News

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Craven County Hospice

### Hospice Bereavement and Grief

An essential part of hospice is bereavement care which includes anticipating grief reactions and providing ongoing support for the bereaved for a year or more. Bereavement is the period of grief and mourning after a death and is a normal process. A person may experience grief as a mental, physical, social, or emotional reaction.

Not every person experiences and deals with the loss of a loved one in the same way. Each person takes their own journey through grief and healing. While there are many cultural and religious practices to help those facing loss, there is no “one way” or “one plan” that can work for everybody.

The bereavement program at Craven County Hospice focuses on helping family members understand and move forward in the grieving process. It is important to assist survivors toward adapting to an environment without their loved one.

The grieving process is personal and there is no right or wrong way to grieve. The first year of bereavement is the most difficult as the bereaved experiences the “year of firsts” such as first birthday, first holiday, first anniversary, etc. without their loved one.

Most bereaved work through each task of the grieving process and recover. However, occasionally the bereaved experiences “complicated grief” when grief becomes intense or protracted. In these cases a counselor or someone in the medical field may be necessary. At Craven County Hospice, the focus for the bereaved is to reach a healthy coping and adjusting to a “new normal”.



#### Five Wishes

This is tax season, but it is also an important time for everyone to review their health care options. If the time came and you were not capable of making medical decisions for yourself, North Carolina allows a simple means for someone to do that for you. The “Five Wishes” asks, in everyday language, who should make medical decisions for you, the kind of medical treatment you may or may not want, how comfortable you want to be, how you want people to treat you, and what you want your loved ones to know. This is a medical document which includes durable healthcare power-of-attorney and a living will; it does not address financial issues. Craven County Hospice offers free assistance and notary services for completing the Five Wishes. It is available to the public and you do not have to be a patient of Hospice. Call 636-4930 to make an appointment to complete yours today.



Craven County Hospice

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New Bern, NC 28561

Hospice is a coordinated palliative and supportive care (physical, psychological, social, and spiritual) for dying persons and their families. Services are provided in the home by an interdisciplinary team of professionals and volunteers. Bereavement care is available to the family.

## Blueberry Crisp

in time for blueberry season (May-July)

### Ingredients

Cooking spray  
4 teaspoons cornstarch, divided  
2 tablespoons brown sugar  
1/2 teaspoon vanilla extract  
1 pound fresh or frozen blueberries  
2.25 ounces all-purpose flour (about 1/2 cup)  
1/2 cup packed brown sugar  
1/4 cup old-fashioned rolled oats  
3 tablespoons chopped walnuts  
2 tablespoons cornmeal  
1/2 teaspoon salt  
1/4 teaspoon ground cinnamon  
1/4 cup chilled butter, cut into small pieces

### Directions

Preheat oven to 375°. Coat an 8-inch square glass or ceramic baking dish with cooking spray. Sprinkle 2 teaspoons cornstarch evenly in dish. Combine remaining 2 teaspoons cornstarch, 2 tablespoons brown sugar, vanilla, and blueberries in a large bowl; toss. Place in prepared baking dish. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 6 ingredients (through cinnamon) in the bowl of a food processor; pulse twice to combine. Add butter; pulse 5 times or until the mixture resembles coarse meal. Spoon topping evenly over blueberries, packing down lightly. Bake at 375° for 30 minutes or until filling is bubbly and topping is golden.



## Hospice Stories – Music Speaks When Words Fail

When Ruby Daniels’ mother was in hospice care, she came to visit her and wanted to show her the guitar she recently had started learning to play. “It was remarkable what happened. She was excited about it. She was engaged about it. She sat up and we had conversation about it.”



Even though Daniels had been playing only a month, her mother wanted to hear her perform. “I just remember the look on her face. The joy that it brought her and I knew that there should be more music shared,” says Daniels, an international health care researcher from San Antonio, Texas.

Cathy Reeser, a Heritage Hospice social worker, and also a guitar player, says music definitely helps her form connections with patients. Even before Daniels’ visit, Reeser had witnessed a few breakthroughs with patients. For one woman who had been active in church, Reeser played “Amazing Grace.” The patient was not communicative and never opened her eyes but she sang the chorus.



It’s important to discover the genre of music that a patient identifies with. Reeser uses country music to increase communication with James Davis, a patient who had played in a country music band. Davis may be sound asleep, but when Randy Travis starts singing “Forever and Ever Amen,” a smile crosses his faces and he sings. “He has sung the chorus every time I play it. It’s one that he really likes. It gets his foot tapping,” says Reeser, noting that she has gotten similar responses when playing other country music songs for this patient. “I’m playing all kinds of things and he’s just singing along.”

Daniels says interaction through music improves hospice care and she is so glad she realized it with her mother. “In end of life care, where every single moment is valued, those quality interactions were meaningful, not only for me, but for my family.”



# Happenings at Hospice

## Volunteer Training

Volunteers are a valuable part of the care Craven County Hospice provides. Our flexible program welcomes people from all over Craven County and surrounding areas and all walks of life. We’ve got a place for you that will meet your schedule and location. There are a variety of ways that you can give your time, talents and experience. To ensure that all volunteers are equipped for the challenge, extensive training sessions are required. Through training, volunteers learn about Hospice as a concept of caring and develop skills which enable them to be a vital member of the Hospice team. The next training will be on March 15 and 16, call today to register and *Make a difference in your community...*

## Spring Breakfast

Spring is coming and so is Craven County’s annual Spring Breakfast Fundraiser for Hospice. It will be held on May 25 at the Riverfront Convention Center from 8am to 9am. At this fundraiser, tables are “sold” to sponsors or individuals who then invite guests to sit at their table. The Sponsor serves the invited guests their beverage and is rewarded with a generous “tip” that becomes a donation to Craven County Health Department Foundation for Hospice for Respite. Respite is a service that our agency offers each family even though it’s not covered by Medicare or other insurances. The Breakfast has grown over the years into a fun, competitive event for our Sponsors with each one trying to out do the others with their tips! Last year, this competition brought in over \$21,000.00 and we challenge the sponsors to up that this year. If you would like to become a part of this fun event, sponsor a table or attend the event, please call the office for more information.



## Comings and Goings

We have said good bye and good luck to our Nurse Supervisor, Anne Bane, RN. She left in January due to a relocation to Myrtle Beach, SC. Best of luck, Annie, we will miss you.

Welcome to Joy Holloway, RN who has joined the team as case manager. Joy is from New Bern, has a caring and compassionate nature and her patients love her! Welcome to our team!

We also welcome Robyn Garrett, MSW as clinical social worker. Robyn originally hails from Pennsylvania but relocated here with her husband 4 years ago. She has many years of Hospice experience and knowledge and keeps us grounded.

## Five Signs It's Time To Call Hospice

One of the most difficult decisions for those with loved ones fighting a serious illness is the understanding that treatment is no longer working. Many people put off calling hospice for a loved one because they see it as “giving up.” In reality, contacting hospice is a choice that can lead to fewer worries and more meaningful moments near the end of life. The five signs that hospice care may be the right choice for you or a loved one are:

- 1) a decreased quality of life;
- 2) more pain and loss of ability to “bounce back”;
- 3) frequent doctors office visits or spending more time in the hospital;
- 4) caregivers need help;
- 5) a patient is ready to take control of their remaining moments.



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